



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 10, 2021 • 23 Tammuz 5781 • Candle Lighting 8:09 pm • Shabbos Concludes 9:11 pm

Parshas Matos - Masei
Maftir Rosh Chodesh
Haftorah

Numbers 30:2 – 36:13
Numbers 28:9 – 28:15
Jeremiah 2:4 – 2:28, 4:1 – 4:2
1 Samuel 20:18, 20:42

Stone Chumash pp. 900 – 935
Stone Chumash pp. 890 – 892
Stone Chumash pp. 1193 – 1194
Stone Chumash pp. 1207 – 1208

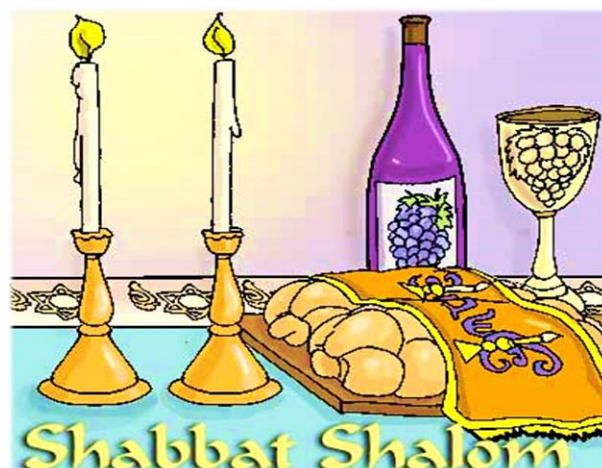
Prayer

Erev Shabbos, Friday, July 9

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:09 pm Candle Lighting

Shabbos, Saturday, July 10

- 9:00 am Shachris followed by Musaf
- 7:55 pm Mincha, Shalosh Seudos, Ma'ariv
Rabbi Josh Boretsky of the Jerusalem Kollel will speak on the topic: 'The Secret of Persistence'
- 9:11 pm Shabbos concludes



Minyan Times July 8 – July 17

	Thu Jul 8	Fri Jul 9	Shabbos Jul * 10	Sun Jul 11	Mon Jul 12	Tues Jul 13	Wed Jul 14	Thur Jul 15	Fri Jul 16	Shabbos Jul ** 17
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:50	7:00	7:00	7:00	7:00	7:00	7:00	---
Mincha Jul 17 (pm)	---	---	---	---	---	---	---	---	---	1:45
Ma'ariv Jul 17 (pm)	---	---	---	---	---	---	---	---	---	9:30

* July 10: Rosh Chodesh Av

** July 17: Erev Tisha B'Av – eat Shalosh Seudos at home

The 9 Days, July 10 through July 18

Rosh Chodesh Av occurs on Shabbos, July 10. This begins a period of time known as the '9 Days.' The first nine days of the month of Av, and also the morning of the tenth, are days of acute mourning for the destruction of the first and second Holy Temples. In addition to the restrictions that apply to the entire three-week period, during this time, we refrain from the following additional joyous activities: eating meat and drinking wine (except for Shabbos), laundering clothing, swimming or bathing for pleasure and remodeling or expanding a home. The 9 Days reaches its climax and concludes with the **fast of the 9th of Av (Sunday, July 18)**. The fast begins July 17 at 8:23 pm and ends July 18 at 9:04 pm. This is the saddest day of the Jewish calendar, and it is also the date that many other tragedies befell our people. We read Eicha, the Book of Lamentations, on Tisha B'Av. For questions or further details, please contact Rabbi Smason.

Congregation News

Simchas for the Week of July 10 – July 16

Birthdays

Mark Ragin	July 10	Irena Scheer	July 14
Boris Yasinev	July 10	Anna Rose Tendler	July 14
Murray Hochberg	July 13	Ronald Makovsky	July 15
Naomi Shanker	July 13		

Anniversaries

Meira & Shaul Ganel	July 12
Jacob & Judy Levin	July 16

Sponsors Needed for Lunch next Shabbos

We are recruiting sponsors for Lunch next Shabbos, July 17. Since Tisha B'Av begins immediately following Shabbos, we would like to have lunch in shul, daven Mincha at 1:45 pm, and then daven Ma'ariv at 9:30 pm so that people can have Shalosh Seudos at home, closer to the start of the fast, and then drive back to shul. The fast begins July 17 at 8:23 pm and ends July 18 at 9:04 pm. Contact the office at 991-2100 ext 2 or office@nhbz.org to help sponsor lunch next Shabbos.

Fund Raising



DOLLAR-A-DAY PUSHKE CAMPAIGN

Thank you for your continuing participation in the NHBZ Pushke campaign. You will recall that the program calls for the collection of the Pushkes every three months and our returning the now empty Pushkes back to you to continue the ongoing cycle of daily contributions. The third cycle is now set to conclude **Friday, July 16**. At that time or a few days before, please drop off your Pushke at the shul office. The contents will be emptied, credited to your account and the now empty Pushke immediately returned to you for continued future use. **Please call in advance (314-991-2100, Ext 2) to schedule drop off or to arrange for us to pick-up the Pushke at your home.** Another convenient option is to send in a cheque for the amount saved in the Pushke.

All those returning Pushkes by **Friday, July 16** will have their name entered in a drawing for a \$25 Target gift card to be held shortly after the return date.

Special Gifts Campaign UPDATE

We are now three weeks into the Campaign. As mentioned previously, two shul members have stepped forward to challenge the others at the Shul. Every dollar raised over the course of the next two weeks, will be matched up to \$20,000.00. Each dollar you give becomes **TWO**. Please call Nancy Stenn in the Shul's office **this week** at 314-991-2100 extension 2 and share in this exciting effort. The funds raised will go directly towards programming and activities designed to draw children, young adults and young families into NHBZ. Share in the future of the Shul. Join committee members Denny and Amy Feit and take part in this important project.

Your children and grandchildren will thank you.



Events

Coming Soon

- Thursday, July 15 – Special PIZZA Night 🍕
- Sunday, July 25 – BBQ Dinner at Irv Zeid Park Pavillion
- Sunday, December 12 – Save the Date 😊

On-Going

- Every Shabbos, 9:15 am – Learners Service with Rabbi David
- Every Shabbos, 10:15 am – Starting Points with Rabbi Smason
- Every Wednesday, 12:15 pm – Pirkei Avos Class with Rabbi Smason
- Every Thursday, 7:30 pm – Mishmar Learning with Rabbi Okin

Missing Emails from NHBZ?

Some people have reported that they have not received the Weekly News or other email communications from NHBZ. If you are not receiving emails from NHBZ, check your spam or junk folder.

- If you find the email there, adjust your settings to accept email from NHBZ
- If you do not find the email there, notify us at office@nhbz.org or 991-2100 ext. 2, and we will ensure you are on the distribution list
- If you still do not receive the Weekly News, you may need to seek technical help.



New Feature: Ask Our Rabbis!

We are reviving a popular bulletin feature. Each week either Rabbi Smason or Rabbi Okin will respond to your questions! Is there something you've always wanted to know about Judaism, but were afraid to ask? Email your questions to: Pepshort613@gmail.com. Please enter 'Ask Our Rabbis' as the subject of the email.



Join the Greeter Team



Attention: All NHBZ Members!

You are invited to join the Greeter Team. Participate in the mitzvah of Hachnasat Orchim (hospitality) and help welcome visitors, guests, and members to our Shul. Sign up now for the 2021 Greeter schedule! For more information contact Fran Alper at 314-993-4024 or fran.alper@outlook.com

High Holiday Seating

Believe it or not – Rosh Hashanah is just around the corner! All members of NHBZ (not Associate Members) are entitled to their own seat for the High Holidays, so they can come and go as much as needed, and return to their own seat. If you weren't entirely happy with your seat last year (too noisy? too cold? too close to the front?), you can change it! If you are a new member we can help you pick out a seat to your liking. Please contact Lenny Alper at lenny.alper@outlook.com to review your seating options.



On-going Covid Guidelines

Food Service

- If you are fully vaccinated, you do not need to be 'socially distanced' while eating, but we prefer that you eat in small groups of those whom you know are vaccinated
- If you are not fully vaccinated, please maintain a 'social distance' of at least 3 feet from others (except for those who are in your 'pod').
- All servers must be fully vaccinated, and must wear gloves and masks
- Servers will distribute pre-packaged food. When getting food from the serving table, please do not gather around the table, but rather, approach the server one at a time.

Temporary Safeguards

- We are not carrying the Torah around the Sanctuary
- Men with an Aliyah do not remain at the Bima for the next Aliyah, but return to their seats
- The "choir" is not leading singing from the Bima at the end of services
- The last two rows of seats in the sanctuary have every-other seat taped-off for those who prefer social distancing

Israel

A Year in the Life of Magen David Adom

Please join us for a special Zoom program with representatives of Magen David Adom (MDA), Israel's national Emergency Medical Services, blood services, and international relief organization, on **Monday, July 12, at 7:30 pm**. You will have an opportunity to learn about MDA's leading role in responding to the Covid-19 pandemic, the tragedy at Mount Meron on Lag B'Omer, and the recent rocket attacks from Gaza. Here is the Zoom link to participate

<https://zoom.us/j/92020957231?pwd=NWdxY0hzWU1jTFp0MGczK2VKNFg3QT09>

Meeting ID: 920 2095 7231 Passcode: 842955

Youth Programming

"Teen Schmooze", a special opportunity just for teens in an informal group setting, is now underway. This program meets every Sunday – middle school students start at 9:00 am, and high school students at 9:30 am. **Join us indoors at the back of the NHBZ Sanctuary. Refreshments will be served!** For details, contact Rabbi Okin at aviokin@nhbz.org.



Teen Schmooze is on break until Mid-July. Watch for announcements!

Learning at NHBZ



- **Parshas Matos – Masei by Rabbi Smason**

In the first of this week's two action-packed portions, Moses teaches the rules and restrictions governing oaths and vows. Promises are serious business. When we say that we plan to do something -- even something as simple as, 'I'll call you later' -- we're bound by our words. Anticipating entrance into the land of Israel, the tribes of Gad and Reuben petition Moses to remain on the eastern side of the Jordan River because that land is particularly suitable for grazing their cattle. Moses, not wanting to 'steer' Gad and Reuben wrong, grants their request on the condition that they first help the rest of the nation in conquering the entire land of Israel before returning to settle their inheritance.

Masei (a word that means 'journeys') begins with a listing of the 42 encampments of the Jewish people's 40 year journey from the Exodus until the crossing of the Jordan River into the Land of Israel. The boundaries of the Land of Israel are defined. Since the Levites would not be receiving a regular portion of the land, 48 cities are set aside for them. Cities of refuge are established; one who unintentionally murders can flee there. So ends the book of Numbers, the fourth of the Books of the Torah. Next week -- on to Deuteronomy!

- **NHBZ Mishmar - Join Rabbi Okin**

and young men from all over St. Louis for Mishmar, an evening gathering of Torah and Camaraderie on Thursday Nights from 7:30 pm – 8:00 pm. ***We will meet indoors at the back of the NHBZ sanctuary*** with a text-based and interactive learning session. If you are interested, join the WhatsApp group with this link:

<https://chat.whatsapp.com/leuwWw6NTFIDC96XIXkRGv>

- **Rabbi Smason's Shabbos Shoutout**

The most recent Shoutout can be found at: <https://youtu.be/jnxvjyOGs1M>

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at

https://www.youtube.com/playlist?list=PLI_MFI0zsmKIImpR3KpHROrHDWIDNbqsn

- **Rabbi Okin's Torah Thoughts**

The most recent Torah Thoughts can be found at: <https://youtu.be/117jtFROkNE>

The complete list of Torah Thoughts, with most recent listed first, can be found at:

https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImqQHkJ-

- **Rabbi David's Learners Service**

Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.

- **Rabbi Smason's Starting Points**

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room. Following is the list of upcoming topics:

July 10: World Perfect: What Would Your Perfect World Look Like?

July 17: Why Do Good Things Happen to Bad People?

July 24: What Makes You Laugh?

July 31: How to Conquer Anger



NHBZ Online Classes

Rabbi Ze'ev Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. All classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download the Zoom application

Instructions to Attend Classes

For audio through your telephone, connect in one of two ways:

1. *Preferred option* - Call 312- 626 - 6799 which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call 314-325-8791 for our old audio connection. We encourage you to use the *preferred option* since this way might become unavailable soon.

For Zoom video, each class has a Zoom link shown underlined in blue below. Click or tap on the link, or copy and paste the link into your browser to join the class.

List of Rabbi Ze'ev Smason's Zoom Classes

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King David: His Life, Times and Spirit".
An in-depth study of King David through sources in the Books of Samuel and Psalms.
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"
Zoom video link: <https://zoom.us/j/99013706617>
4. Mondays, 7:45 pm ~ "To the Source" covers contemporary Torah topics using classic and modern English and Hebrew texts.
Zoom video link: <https://zoom.us/j/295822730>

Wednesdays, 12:15 pm ~ *Pirkei Avos (Ethics of the Fathers)*. Now in person at NHBZ

Community News

The Sarah Adelman Memorial Fund* of Dallas, Texas, invites you to attend a community-wide event commemorating the 15th Yahrzeit of **Sarah Adelman, z'l**

Sunday, July 11, 2021 at 11:00 am

Via Zoom through the courtesy of Young Israel of St. Louis**

featuring **Rabbanit Shani Taragin** speaking on the topic
"Eichah & Eliyahu: Agony of Abandonment and Cries of Consolation"

* The Fund supports needy children in the St. Louis Orthodox community who need counselling;
To contribute to the fund, go to the website samfstl.com

** To obtain the Zoom link, send an email to samfstl@gmail.com



THE SISTERHOOD SCOOP

JULY 10

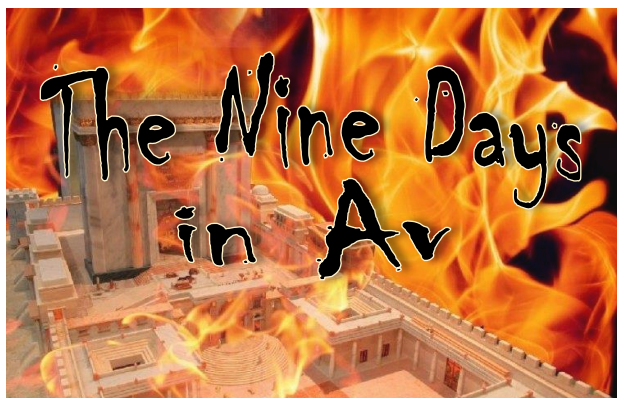


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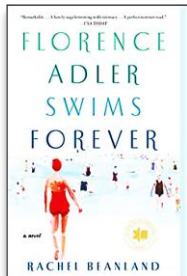
It's Rosh Chodesh ~ The Jewish New Month

'*Rosh Chodesh*' means the "Head of the New [Moon]," and is always celebrated around the time when the new sliver of moon appears in the night sky.

While work is generally permitted on Rosh Chodesh, many women have the custom of abstaining from certain forms of work on this day. This harks back to the episode of the Golden Calf, when the women declined to participate in the "fundraising" effort and refused to surrender their jewelry for use in making the idol. As a reward, they were given Rosh Chodesh as a day which they observe more than the men.

Sisterhood's Book Club News

The next book club meeting will be on Monday, August 23, 7:15-1:45 pm, at the home of Sallie Volotzky. The book will be



"*Florence Adler Swims Forever*," a novel by Rachel Beanland. Winner of the 2020 National Jewish Book Award for Debut Fiction, and set in Atlantic City in 1934, it tells the story of a Jewish family struggling to

conceal a tragic secret. Faith Waxman will lead the discussion.

Mark your calendars now for these upcoming Book Club discussions dates:

- ☐ Oct. 25 "*The Third Daughter*" by Talia Carner – discussion led by Ilene Brooks Scharnhorst
- ☐ Dec. 27 "*The Ghost of Hannah Mendes*" by Naomi Ragen

For more information or to **RSVP** call **Terri Schnitzer** at 314-518-4107 or email terrischnitzer@yahoo.com



"When the month of Av enters, we reduce our joy..."

– Talmud. Taanit 26b

The Importance of the Minyan ~ What Women Can Do ~

Ladies, remember an essential part of our Sisterhood Mission is to support our shul and our community. A foundation of our shul and our community is **prayer** – and our **daily minyan** is the optimal vehicle for prayer for our community.

To help strengthen and support our minyan, please encourage your husbands and sons to **commit to regularly attending** one, two, three or more minyanim each week. Your encouragement can make the difference to help inspire the guys to fulfill this vital mitzvah. And, of course, you can attend too!

Parshah Matot-Massei: Together in Friendship

In the portion of Massei, the borders of Israel are defined, and we are told how to apportion the land. Every Jew has a portion. We read Massei during the "Three Weeks," the period before Tisha B'Av, when we mourn the destruction of our Holy Temple in Jerusalem and the exile of our people.

What message is found in all this for us now?

Every Jew has a portion in the Holy Land; this shows a natural unity among us. It is specifically through brotherly love and unity that we merit the Holy Land. When we are together in unity, we are even stronger. We help each other overcome obstacles.

Now, during these three weeks, is a time to strengthen our bonds of friendship, especially with those we have the most difficulty. Now is the time to overcome our differences.

When Jewish people are unified with love, it gives G-d the greatest *nachas*. It is almost irresistible to Hashem to see his children in a state of togetherness.

More than any mitzvah, this is what will end our exile. We need *Moshiach* now more than ever.

– by Rabbi Yitzi Hurwitz, www.chabad.org